

WHAT CAN I EAT NOW?



While you are recovering from your surgery, good nutrition will be vitally important. Even though all food will need to be in liquid form, you can still enjoy mealtimes and promote healing by eating the proper nutrients. Remember to include every day: 4 servings of fruits and vegetables, 4 servings of milk and dairy products, 2 servings of meat/fish, and 4 servings of breads/cereals.

For the first two weeks or so after surgery, you may need to use a large syringe to eat your meals. For this time period, you may wish to buy a supply of Ensure Plus, Sustacal, or Meritene from your drugstore. These products are highly nutritious and will supply all the vitamins and minerals you need. Different flavorings may be added to them for variety.

You may find it easier and less tiring to eat six smaller meals every day rather than three large meals. Experiment to find out what works best for you.

When you are able to use a cup, you can expand your diet. Try the recipes given in this booklet, or make up your own using your favorite foods. You can supplement your meals with milkshakes and different juices, but do not use them for meals.

Vary the foods you eat; use seasonings to your taste; and let us know what new meals you come up with. We'll pass along suggestions to other patients.

BREAKFAST

Poached Eggs

2 poached eggs
1 cup warm milk
Put into blender and mix well.

Cereal

1 serving cooked oatmeal or other hot cereal
½ cup hot milk
Mix well.
For variety, add fruit and blenderize.

Pancakes

1 serving pancakes
melted butter to taste
warmed maple syrup
hot milk to thin
Blenderize.

Cranberry Cocktail

1 serving cranberry juice
1 scoop fruit sherbet
Blenderize.

Eggs and Hash Browns

2 soft cooked eggs
½ cup hash brown potatoes
½ slice buttered toast (remove crusts)
1 cup warm milk
Put eggs, potatoes and toast into blender.
Mix well. Add milk and blend until smooth.

Breakfast Frappe

1 envelope Instant Breakfast
8 oz milk
Mix well. Add a scoop of ice cream if desired
and blenderized.

Quick Breakfast

1 cup milk
1 egg
½ cup strained fruit
Blenderize.

Bananapple Juice

1 banana
serving applesauce
apple juice to thin
Blenderize.

Yogurt Shake

8 oz flavored yogurt
4-6 oz milk
Blend well.

Hot Milk Toast and Eggs

1 ½ cup milk
2 eggs
½ slice buttered toast (remove crusts)
Heat milk. Add eggs and seasoning.
Simmer of stove until eggs are cooked as
desired.
Put all ingredients into blender and blend well.
For variety, add 2 tsp sugar or dash of nutmeg
and cinnamon.

LUNCH

Macaroni and Cheese

1 serving cooked macaroni and cheese
hot milk as necessary
Blend until smooth adding hot milk as needed.

Hot Beef Sandwich

3 oz beef cut into small pieces
½ slice bread (remove crusts)
½ cup hot water
¾ cup gravy
Blendarize.

Peanut Butter Sandwich

1 slice bread (remove crusts)
1-2 Tbs creamy style peanut butter
6-8 oz milk
Make sandwich in usual fashion. Tear into small pieces, put into blender, add milk. Blend until smooth.

Hamburger

1 small cooked hamburger patty
½ slice bread (remove crusts)
1 cup beef bouillon
Put meat into blender, add bread and blend. Add rest of ingredients. Blend until smooth.

Shrimp Soup

1 cup milk
1 4 1/2 oz can broken shrimp, drained
½ Tbs flour
½ Tbs butter
dash of Tabasco sauce
Heat butter and flour in saucepan. Add remaining ingredients. Do not boil. Put into blender and blend until smooth.

Chicken Stew

The amounts for each ingredient in this recipe are really flexible. Use as much as you like.
Cubed cooked chicken
Chopped onions, carrots, potatoes and any other vegetable you like.
Chicken bouillon cube(s) dissolved in hot water.
Cooked rice.
Combine all ingredients except rice. Cook until tender. Add rice and blenderized. Add more water until consistency is right for you.

Most of the canned soups and stews can be diluted with water, milk or bouillon and blenderized as needed

DINNER

Spaghetti

½ cup cooked spaghetti
½ cup spaghetti sauce
Seasonings if desired
Blenderize, thinning with hot water
or tomato sauce if needed.

Meatloaf

1 serving meat loaf
1 serving mashed potatoes
1 serving carrots or other well cooked
Vegetable
2 Tbs gravy
1 cup hot beef bouillon
Blendarize all ingredients.

Hamburger Steak

1 cooked hamburger patty
½ cup fried potatoes
1 cup hot onion soup
Blenderize meat and potatoes. Add
soup. Blend until smooth.

Chili

1 serving chili con carne
Blenderize, thinning with hot water or
tomato. This may be strained before
eating.

Tuna Casserole

1 cup cooked tuna casserole
1 tsp lemon juice
1 cup hot milk
½ cup hot water
Blenderize all ingredients.

Turkey Dinner

1 serving turkey, cut into small pieces
½ cup stuffing
½ cup mashed vegetables
cup turkey gravy ¾ cup hot water or bouillon
Blenderize turkey, stuffing and
vegetables. Add gravy and liquid.
Blend until smooth.

SALADS

Macaroni Salad

1 cup macaroni salad
1 cup milk
Blenderize.

Potato Salad

1 cup potato salad
1 cup milk
Blenderize.

Cottage Cheese and Fruit

1 cup cottage cheese
½ cup canned fruit
½ cup fruit juice
Blenderize.

Jello Salad

Tbs Jello powder
1 cup boiling water
½ cup canned fruit, if desired
Put Jello into boiling water. Stir
until dissolved. Blenderize all
ingredients. Drink while warm.

DRINKS

Quick Apple Drink

1 glass apple juice
1/3 cup applesauce
2 Tbs maple syrup
Place all ingredients in a glass. Stir to mix. Add more of any ingredient to taste.

Orange-Crème Shake

2-4 scoops orange sherbet
1-2 cups milk
½-1 cup orange juice
1 egg
Blenderize all ingredients. Add more Sherbet or milk for proper consistency.

Coffee Shake

2-4 scoops coffee ice cream
1-2 cups milk
1-2 tsp coffee
1 egg
Blenderize all ingredients.
Variation: Add a pack of coffee Instant Breakfast.

Ensure Frappe

2-4 scoops ice cream
1 egg
½ banana
1 can Ensure
½-1 cup milk
Blenderize.

Berry-Berry Shake

10 oz package frozen strawberries
1 cup vanilla ice cream
1 cup crushed ice
2/3 cup canned pitted cherries, drained
¼ cup half & half
1 Tbs honey
1 tsp lemon juice
2 drops vanilla extract
Blenderize all ingredients until smooth.

Raspberry-Crème Shake

2-4 scoops raspberry sherbet
1-2 cups milk
¼-1/2 cup raspberry jam
1 egg
Blenderize all ingredients.

Chocolate Shake

2-4 scoops chocolate ice cream
1-2 cups milk
½-1-2 tsp cocoa mix or chocolate syrup
Blenderize all ingredients.
Variation: Add a pack of chocolate Instant Breakfast.

Fruit Shake

1 box Jello
4-6 scoops sherbet
1 cup gingerale
Prepare Jello as directed. Mix in blender. Add sherbet, blend. Add gingerale, blend. Store at room temperature.

Fruit Cream Frappe

1 cup diced pineapple
2 Tbs sugar
½ cup evaporated milk
½ cup crushed ice
Blenderize all ingredients except ice until smooth. Add ice and blend for 10 seconds longer.

Banana Frosted

1 cup milk
1 scoop vanilla, chocolate or strawberry ice cream
1 small banana
Put milk and ice cream into blender, mix well. Remove cover, add banana and blend.

DESSERTS

Apple Pie

1 piece pie

6-8 oz milk or apple juice

Blenderize. Add a scoop of ice cream if desired. Try this with any flavor pie!

Fruit Pudding

1 serving vanilla pudding

2 pear halves (canned)

Blenderize adding pear juice to thin as needed.

Jazzed-Up Applesauce

1 serving applesauce, mixed with maple syrup or light molasses

1 scoop vanilla ice cream

Blenderize, thinning with apple juice or milk as needed.

Pudding

$\frac{3}{4}$ cup soft pudding

1 cup milk

Blenderize.

Cookies and Milk

2 cookies (no nuts), any flavor

4-6 oz milk

Blenderize.